

## **Chicken Noodle Soup**

**Something warm, aromatic & healthy for your new years resolutions, also some fresh ginger and garlic which is great way to help you fight the winter colds.**

### **Serve's Four**

#### **Ingredients-**

1 and a Half Litres of Chicken Stock (or miso soup mix)  
2 x Boneless, Skinless chicken breasts  
2 tsp fresh chopped root ginger  
2 cloves of fresh chopped garlic  
100g rice or wheat noodles  
100g sweet corn, canned or frozen  
100g chestnut mushrooms, thinly sliced  
4 x spring onions, thinly sliced  
4 tsp soy sauce  
Some chopped coriander and sliced chilli (optional) to garnish

#### **Method-**

Pour the stock into a pan and the with the chicken, ginger and garlic. Bring to the boil, Then reduce the heat, simmer for 20 mins until chicken is tender, Remove the chicken breasts to a board and shred into small bite size pieces.

Then return chicken to the stock with the noodles, corn, mushrooms, half the spring onions, and the soy sauce. Simmer for 3-4 mins until the noodles are tender.

#### **To Serve-**

Ladle the soup into four bowls and sprinkle over the coriander, remaining onion and chilli.

Enjoy!

Emlyn Sexon  
Life's Kitchen  
Company Head Chef.